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Transit sexual assaults rising

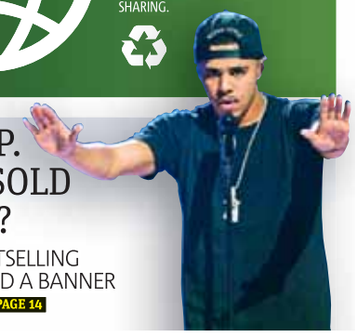
Police encouraging victims to report attacks around Metro Vancouver PAGE 6

New wombs await embryos

Nine women receive womb transplants in Swedish pioneering project PAGE 8

HOLD UP, HOLD UP. YOU'RE SAYING I SOLD MORE THAN WHO?

WHEN THE STATUS QUO IS OUTSELLING KANYE'S ALBUM, WHAT WOULD A BANNER YEAR FOR J. COLE LOOK LIKE? PAGE 14



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International schools in limbo

Education. B.C. lags behind most provinces in announcing new visa rules, could lose students, critics say

KATE WEBB
kate.webb@metronews.ca

Bureaucratic bungling is putting B.C.'s booming $1.5-billion international-education sector at risk of losing revenue before new student-visa requirements come into effect in fewer than six months, critics say.

The federal government asked each province in 2012 to establish a list of criteria that schools will have to meet in order to qualify as a student-visa-eligible institution, but B.C. has yet to announce what its criteria will be.

Gonzalo Peralta, executive director for Languages Canada, a recognized accreditation body for private schools, says most provinces have already published their lists, and some are even processing applications — but not B.C.

Ian Schellenberg teaches English pronunciation to a class of international students using mirrors on Monday at Vancouver International College, which is one of dozens of schools affected by new federal visa regulations. KATE WEBB/METRO

"Having this uncertainty is a real problem," said Peralta, noting that B.C. is Canada's most popular destination for international students.

"On average, each of our members spends $1 million a year on marketing, and our B.C. members are of course marketing their programs and marketing B.C.

"Nobody knows whether there's going to be a return on those multimillions or not because the markets are uncertain. They don't know if the schools that they work with are going to be able to receive these international students."

NDP Advanced Education Critic David Eby said B.C. faces fierce competition for international students from Australia, the U.S. and the U.K., and many of them will simply apply elsewhere if they are unsure if they will qualify for a student visa here.

"The issue, from the outside, appears to be that there have been nine different ministers of advanced education in the last 10 years and 10 different deputy ministers," Eby said. "That means that there hasn't been anyone there long enough to gain competency in the file to really push this ahead."

The B.C. Ministry of Advanced Education would not offer an estimate on when the criteria might be released, but Minister Amrik Virk said in a written statement they are being finalized.

"Government is working to ensure that all institutions will have an avenue to transition to the new criteria and that reasonable time and notice is given to all institutions," Virk said.

A 2013 report commissioned by the British Columbia Council for International Education found that the sector ranks closely with other leading B.C. industries such as coal, lumber, chemical wood pulp and copper.

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Extradition case. Woman killed over marriage, says Crown

A young B.C. woman who authorities believe was murdered in a so-called honour killing feared for her life after her family found out about her secret marriage, a Crown lawyer said Monday at the extradition hearing of her mother and uncle.

The murder of Jaswinder "Jassi" Sidhu in India almost 14 years ago was motivated by her decision to marry against the wishes of her family, Deborah Strachan told the court on the first day of final arguments.

The woman's mother, Malkit Kaur Sidhu, and her uncle, Surjit Singh Badesha, face trial in India for conspiracy to commit murder. The conduct of the accused amounted to "a systematic campaign of terror … to end their marriage and restore the family's honour," Strachan told B.C. Supreme Court Justice Gregory Fitch.

Jassi Sidhu and her husband, Sukhwinder (Mithu) Sidhu, were attacked in the Punjab in 2000. He survived, but her body was found days later.

During the past eight months, the judge heard testimony from Jassi Sidhu's friends and co-workers about her life and her secret love.

Court heard that family members kept her under watch at school and at work, and on more than one occasion, police were called.

In February 2000, her family found out she had married a poor rickshaw driver in India and not the wealthy older man of their choice and the situation worsened.

THE CANADIAN PRESS

Smoke rises from the Babine Forest Products mill in Burns Lake, B.C., on Jan. 22, 2012. JONATHAN HAYWARD/METRO FILE

NDP demand review into Burns Lake

'Bungled' investigation. Dix accuses ministers of moving to 'hush' report

MATT KIELTYKA
matt.kieltyka@metronews.ca

The official Opposition is demanding an independent review into the "bungled" investigation into the 2012 Burns Lake mill explosion that killed two workers.

On Friday, the Criminal Justice Branch announced there will be no charges into the incident at Babine Forest Products because errors made by WorkSafeBC investigators, in obtaining search warrants and informing witnesses of their charter rights before taking statements, rendered important evidence inadmissible in court.

The news outraged NDP Leader Adrian Dix, who on Monday called for a review.

"It's clear that the Clark administration has bungled the investigation," Dix said. "Under the watch of the Liberals, two Crown agencies can't even coordinate how an investigation should be run."

The explosion killed Robert Luggi, 45, and Carl Charlie, 42, and injured 20 other employees.

The Crown said there was "a sufficient factual underpinning" that a number of provincial regulations were violated, but there wasn't enough likelihood of conviction to proceed with charges.

A WorkSafeBC report into the incident was prepared last year but hasn't been made public because of Liberal interference, Dix alleged.

"(Premier Christy Clark's) ministers intervened to hush up a hard-hitting report on the incident," said Dix. "Workers deserve better treatment. You bet there should be an independent review."

Maureen Luggi, the widowed wife of Robert Luggi, said she supports the NDP's call.

"When your spouse goes to work, you expect him to come home," she said. "When he doesn't, you expect someone will be held accountable in what looks like negligence. This has been hanging over our heads for two years."

Luggi said the Criminal Justice Branch's decision was "very painful to accept" and added the families have yet to see any justice or accountability after the Jan. 20, 2012 incident.

The Luggi and Charlie families are expected to see the WorkSafeBC report for the first time this week during private meetings with the agency.

Justice Minister Suzanne Anton was unavailable to comment by Metro's deadline.

WITH FILES FROM THE CANADIAN PRESS

1 NEWS

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New brewing diploma at B.C. university

Beer Canada study. British Columbia has 72 breweries, second only to Ontario

Kwantlen Polytechnic University is serving up exciting news for beer lovers.

The institute is launching a two-year diploma in brewing and brewery operations beginning in September 2014.

The first brewing program in B.C will provide students with hands-on experience using the Langley campus's specially designed brew laboratory. The lab is currently in development, but it will allow the selected 35 students to brew batches from scratch.

"We found out from our advisory committee that there's a big need for people who have training," said Michelle Molnar, the dean's assistant for the faculty of science and horticulture.

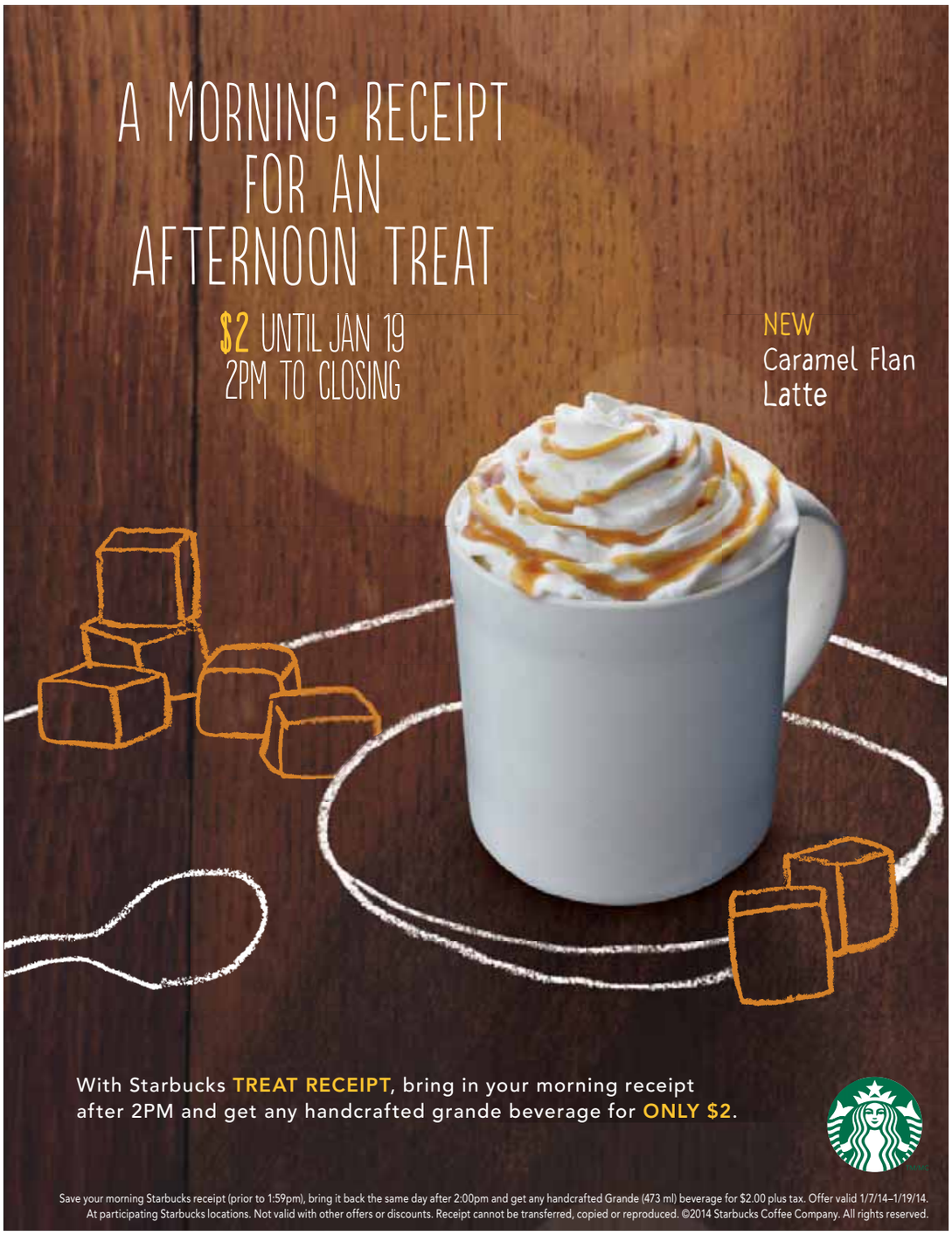
British Columbia has 72 breweries, second only to Ontario, according to a study commissioned by Beer Canada.

"A lot of (brewers) said, 'people are interested in working for us but they don't have any schooling and they don't have any formal training,' and that's what we're trying to provide."

There will be an option to bridge the diploma into a science, trade or business degree. Also, after the first year of the program, students will fulfill a work placement requirement.

SINDHU DHARMARAJAH/FOR METRO

Jane Fee, vice provost academic and KPU Langley principal, left, with Nick Bolton, Big Ridge Brewing Co.'s head brewer, and Elizabeth Worobec, dean of science and horticulture. CONTRIBUTED/KWANTLEN POLYTECHNIC UNIVERSITY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Reclusive wolverine spotting. Study shows relocation to B.C. island

Evidence shows the often-reclusive wolverine has taken up residence for the first time on an island off British Columbia's Central Coast and the animal's eating habits have changed along with its relocation.

The study, published Monday in The Canadian Field-Naturalist, shows that at least two wolverines inhabit Princess Royal Island, part of B.C.'s Great Bear Rainforest.

There are about 3,000 to 4,000 wolverines in B.C., but most of them are in the Interior, in snowy habitats and higher elevations, the study said.

Department of Fisheries and Oceans biologist Tom Shardlow, who authored the report, said it was the first proven sighting of a wolverine in the area.

"The main thing is it's an oddity," said Shardlow. "It's the first time anything has been published that indicates wolverines occupy these islands."

Wolverines are typically the same weight as a mid-sized dog and live mostly by scavenging from dead animals. The wolverine also has a reputation for fierceness. There have been reports of wolverines killing caribou up to 10 times its size, according to the Columbia Mountains Institute of Applied Ecology.

This undated file image shows a wolverine. U.S. FISH AND WILDLIFE SERVICE/THE CANADIAN PRESS/THE ASSOCIATED PRESS

The animal is rarely sighted on the coast, and while there have been occasional stories of the animal being spotted on the islands of The Great Bear Rainforest, none have been verified and published until now, he said.

The study also marks the first time the animal has been documented eating salmon.

THE CANADIAN PRESS

Vancouver highrise

Crews douse morning blaze

Vancouver firefighters made quick work of a blaze in a well-known apartment building on the city's west side, but not before hundreds of residents spent several anxious hours forced from their suites. Crews arrived at the eight-storey Hycroft Towers just before 3 a.m. Monday as flames shot from the windows of a seventh-floor unit in South Granville. THE CANADIAN PRESS

BC Hydro

Dam built to take on earthquakes

BC Hydro engineers have told the Joint Review Panel for the Site C project that the dam's design is robust and could withstand an earthquake more powerful than any ever recorded in northeastern B.C. Speaking at public hearings examining the proposal for the massive dam, geological engineer Tim Little says the model allows for up to a 7.6-magnitude earthquake.

THE CANADIAN PRESS

Avalanche blocks Highway 16 near B.C.-Alta. border: Police

Closures. Snowpack levels sitting at a higher level than seen in the last 20 years: Transportation Ministry

No vehicles were caught under a large avalanche that rolled over Highway 16 and blocked off traffic on Monday near Mount Robson on the Alberta-B.C.. boundary, said RCMP.

The 400-metre-wide slide of snow and debris came down at about 9:30 in the morning. Initially, RCMP said they weren't sure if any vehicles were under the heavy, packed snow.

Greg Bruce, district operations manager with the Transportation Ministry, said they have confirmed that no vehicles were caught by the slide and no one was injured.

However, RCMP said that a person in a pickup truck did attempt to get through the slide and became stuck in the debris and packed snow.

Bruce said an avalanche technician was over at the slide assessing the potential danger Monday afternoon. Avalanche control was expected to begin immediately after the assessment.

"The area has received 50 to 60 centimetres of snow over the last three days," he said. "Snowpack levels at our Robson weather station, which is really close to where the avalanche took place, is sitting at a higher level than we've seen it in the last 20 years at this time."

The heavy snow over the weekend was followed by a deluge of heavy rain Monday.

Highway 1 is also closed indefinitely due to the avalanche danger, and Bruce said he cannot guess when it will be reopened. THE CANADIAN PRESS

No vehicles were caught under a large avalanche that rolled over Highway 16 and blocked off traffic on Monday near Mount Robson on the Alberta-B.C. boundary, said RCMP. The 400-metre-wide slide of snow and debris came down at about 9:30 in the morning. COURTESY RCMP/THE CANADIAN PRESS

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Route 40. Ferry cuts will clobber tourism along Discovery Coast: Study

The decision to nix the summer ferry service between Port Hardy and Bella Coola could force a quarter of businesses in the region to permanently shut their doors, a new study has found.

Without the Discovery Coast's Route 40, which the government axed in November to save about $700,000, the region's tourism industry will lose between $845,000 to $1.7 million next summer, according to the study commissioned by the Tourism Industry Association of B.C.

This means the government will actually lose more in tax revenue than it will save from eliminating the ferry route, the study argues.

Sure, the surplus is only $58,000, but the ferry route still carries its weight, according to calculations based on data from B.C. Ferries, Statistics Canada, Destination B.C. and travel surveys.

People could also lose their jobs along the route, which supports an estimated 110 full-time tourism jobs.

Businesses are uncertain whether demand will remain without the ferry.

Half the 62 businesses surveyed said visitors already booked for 2014 intended to use Route 40 for transportation.

EMILY JACKSON/METRO

Petitioners

1,400

More than 1,400 people have signed an online petition protesting the government's decision.

Abbotsford. Debate over ban on harm-reduction services still raging on

Councillors in Abbotsford were set to consider a motion Monday evening to dismantle a controversial bylaw that has prompted complaints from health officials and a lawsuit from drug users.

The city has had a zoning bylaw in place since 2005 that prohibits harm-reduction services.

Council has been considering whether to remove the restriction for two years, after officials from the Fraser Health Authority warned the bylaw was preventing the agency from fighting diseases such as HIV and hepatitis.

A motion that would remove any mention of harm reduction from the city's zoning bylaws passed first reading in December.

Community groups have been quietly contravening the bylaw for years, passing out clean needles, crack pipes and other supplies. The city has not taken any steps to stop them.

However, Fraser Health has insisted it cannot launch a formal needle-distribution program with the bylaw still in place. THE CANADIAN PRESS

Kamloops

Bomb techs called in over incendiary

Bomb technicians from Vancouver were on their way Monday to the RCMP detachment in Kamloops after two women brought in a suspicious package.

RCMP Staff Sgt. Grant Learned says the item appears to be some sort of incendiary device that could cause a small explosion.

The two women found it at the basement of a home where they are tenants with other residents.

THE CANADIAN PRESS

Falling behind?

NDP seek revamp of Liberal job plan

NDP Leader Adrian Dix has called on the B.C. Liberals to refocus on the economy as politicians get ready to return to the Legislature next month.

Dix held a press conference Monday, highlighting a number of economic indicators he says show the government needs to take immediate action instead of banking on projected liquefied natural-gas revenues in the future.

MATT KIELTYKA/METRO

New 'warming ring' installed on frigid ski slopes across B.C.

Just kidding — a skier jumps through a ring of fire during a performance of Fire and Ice on Whistler Mountain on Sunday. Fire and Ice runs every Sunday night through to March 30 at the skiers' plaza between the Whistler and Blackcomb gondolas. JONATHAN HAYWARD/THE CANADIAN PRESS

Sexual offences on transit rising: Cops

Under-reported crime. Police ask victims to come forward, seek help with past case

EMILY JACKSON
emily.jackson@metronews.ca

The number of reported sexual assaults on Metro Vancouver's public-transit system is rising, according to transit police.

There were 75 reported offences in the last half of 2013, compared to 57 in the first half, transit police spokeswoman Anne Drennan said.

But those statistics only show a fraction of the problem, as only one in 10 offences are reported.

"A lot of people think it wont be taken seriously," Drennan said. "We do take it very seriously and we will investigate."

For instance, a man with nearly 150 previous contacts with police was charged with sexually assaulting a woman on a bus ride from White Rock to Surrey last week.

Renewed focus

Attention was drawn to the issue in fall 2013 when a website called Harassment on TransLink started documenting experiences across the region.

Witnesses reported that the man rubbed up against the 21-year-old victim in a sexual manner, leading to the man's arrest shortly after.

White Rock resident Sebastian Ramon Lopez, 37, was charged with one count of sexual assault.

Police are also asking the public to help identify the man who sexually assaulted a Japanese foreign-exchange student at the Gateway SkyTrain Station in Surrey on Sept. 6, 2013 around 10:15 a.m.

The man helped the 29-year-old woman buy her transit fare before forcing himself on her.

He is described as six feet tall, 170 pounds, white, in his late 50s, clean shaven and balding. He carried a briefcase at the time.

Philip Rooyakkers, CEO and founder.
COURTESY PETRECOGNITION.COM

Finding lost pets with face recognition

Pet owners can now breathe a little easier when their furry friends go missing.

Vancouver-based PiP, the Pet Recognition Company, has launched an iPhone app called PiP My Pet, which uses uploaded photos of missing pets and matches it with photos of lost pets using facial-recognition technology.

Philip Rooyakkers, the CEO and founder of PiP, was inspired to create the app when his beloved Yorkshire terrier went missing about four years ago. He also witnessed a family adopt an unidentified dog two days after it was found and said the dog was clearly missing his "true owners."

"I recognized that really nobody had taken technology to this very unique problem and very big problem," Rooyakkers said.

When a pet goes missing, owners can send out an alert through the PiP network that includes veterinarians, rescue agencies and social media. A representative will be in contact to provide ongoing support and updates.

The app is free to download, but owners who wish to register their pet will pay an annual fee of $18.99.

SINDHU DHARMARAJAH/FOR METRO

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France. History suggests president can come away clean from sex scandal

With a 15 per cent approval rating, French President Francois Hollande was in crisis even before allegations emerged of an extramarital tryst with actress Julie Gayet. His refusal to deny the affair, and the hospitalization of his partner threatens to destroy what remains of his reputation.

But Hollande may be able to staunch the bleeding. Previous presidents Francois Mitterrand and Jacques Chirac were able to laugh off infidelities with indulgence of the media.

"Hollande would be adhering to a time-honoured French tradition of official mistresses," wrote Prof. Matthew Fraser, politics and media specialist at Sciences Po Paris.

Culturally, France has always been less interested in politicians' love lives than many other countries. This has been reflected in a cross-party refusal to attack Hollande, while a magazine opinion poll showed 77 per cent considered the subject a "private matter."

Francois Hollande and Julie Gayet. GETTY IMAGES FILE

The scandal could even provide some respite.

"Hollande may benefit from changing the subject away from bad news on the economy," says Dr. James Stanyer of Loughborough University and author of Intimate Politics.

Political scientists have shown that sex scandals are traditionally less damaging than other types. Texas Tech University found that corruption typically costs almost twice as many votes as sex, with the gap even higher for left-wing candidates.

Bill Clinton and Silvio Berlusconi are among the leaders to sail through sleaze affairs.

KIERON MONKS/METRO WORLD NEWS

Abortion

People waste life like they waste food, says Pope

Pope Francis on Monday criticized abortion as part of a "throwaway culture" that wastes people as well as food, calling such a mentality a threat to world peace.

"It is frightful even to think that there are children, victims of abortion, who will never see the light of day," he said.

Francis has generally limited his exhortations on abortion, saying church teaching is well known and that he prefers to speak less about the church's moralizing rules. THE ASSOCIATED PRESS

Supreme Court ruling

Late-abortion ban fails in Arizona

The U.S. Supreme Court has rejected Arizona's attempt to ban most abortions after 20 weeks of pregnancy.

The justices on Monday declined to reconsider a lower-court ruling that says the law violates a woman's right to terminate a pregnancy before a fetus is able to survive outside the womb. "Viability" of a fetus is generally considered to start at 24 weeks.

Supporters argued the ban protected women's health and prevented fetuses from experiencing pain. THE ASSOCIATED PRESS

Swedes hope that womb transplants will bear fruit

Frontier science. With surrogates banned, this may be only chance for some women to bear children

Nine women in Sweden have successfully received transplanted wombs donated from relatives in an experimental procedure that has raised some ethical concerns. The women will soon try to become pregnant with their new wombs, the doctor in charge has revealed.

The women were born without a uterus or had it removed because of cancer.

In many European countries, including Sweden, using a surrogate to carry a pregnancy is illegal.

There have been two previous attempts to transplant a womb — in Turkey and Saudi Arabia — but both failed to produce babies. Scientists in Britain, Hungary and elsewhere are also planning similar operations.

"This is a new kind of surgery," said project lead Dr. Mats Brannstrom, chair of the obstetrics and gynecology department at the University of Gothenburg. "We have no textbook to look at."

Brannstrom said the nine recipients are doing well. Many already had their periods six weeks after the transplants, an early sign that the wombs are healthy.

One woman had an infection and others had some minor rejection episodes, but none of the recipients or donors needed intensive care after the surgery, Brannstrom said.

In this 2012 photo made available by the University of Gothenburg, the research team practises before a womb transplant at the Sahlgrenska Hospital in Sweden. JOHAN WINGBORG, UNIVERSITY OF GOTHENBURG/THE ASSOCIATED PRESS

The operations did not connect the women's uteruses to their fallopian tubes, so they are unable to get pregnant naturally. But all who received a womb have their own ovaries and can make eggs for in-vitro fertilization.

Brannstrom warned the transplants might not yield children, but was optimistic.

"This is a research study," he said. "There are no guarantees.... What is certain is that they are making a contribution to science."

THE ASSOCIATED PRESS

Concerns

Some experts have raised concerns about whether it's ethical to use live donors for an experimental procedure that doesn't save lives.

- Dr. Richard Smith, head of the U.K. charity Womb Transplant UK, said removing a womb for donation is like a radical hysterectomy but requires taking a bigger chunk of the surrounding blood vessels to ensure adequate blood flow for the fetus, raising the risk of complications for the donor.
- Brannstrom said using live donors allowed them to ensure the donated wombs were functional and didn't have any problems, such as an HPV infection.

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Time to get rid of old, unsafe tank cars carrying oil

'Something has to be done.' International trade critic wonders what the government is waiting for

The railway industry wants to "aggressively phase out" older model tank cars that have been implicated in several recent accidents, the head of CN Rail's safety division told an industry forum Monday.

But the consensus at the day-long workshop was that there's no quick fix for a decades-old problem that has almost 80,000 sub-standard DOT-111 tank cars carrying flammable liquids on North American tracks.

And whatever the solution, the cost eventually will be borne by consumers.

Sam Berrada, director general of safety and occupational health services for CN, told an overflow crowd of industry types, regulators, lobbyists and local first responders that railways will continue to push for safer, stronger tank cars.

A derailment and fire involving a CN train in northwestern New Brunswick last week has renewed calls for greater safety in the booming oil-by-rail trade, which became an international cause following last summer's deadly derailment and fire in Lac-Mégantic, Que.

"Something has to be done.... It's just too dangerous," said Marc Garneau, the Liberal international trade critic.

THE CANADIAN PRESS

Safety alert

Derailments

Federal investigators have determined that 400,000 gallons of oil were lost last month when a train derailed and caught fire in North Dakota, according to a report released Monday. The derailment on Dec. 30 has highlighted concerns about shipping crude by rail. It also led to a safety alert from the U.S. Department of Transportation warning about the potential high volatility of crude from the Bakken oil patch.

THE ASSOCIATED PRESS

Mourning for Ariel Sharon

A man mourns next to the flower-covered grave of late Israeli prime minister Ariel Sharon in southern Israel on Monday. Israel said its last farewell to Sharon with a state ceremony outside the parliament building before his flag-draped coffin was taken on a cross-country procession to its final resting place at his family home in the country's south. ARIEL SCHALIT/THE ASSOCIATED PRESS

Chess game gone awry. Man killed in dispute

An Italian man allegedly cut open his Dublin landlord's chest and tried to eat his heart following a fight over a chess match.

Saverio Bellante, 34, was charged Monday with murder. Police say he admitted his guilt after being arrested Sunday at the home he shared with Tom O'Gorman, a policy researcher for a conservative Catholic think-tank in Ireland.

Pathologists said the 39-year-old victim suffered dozens of severe knife wounds to his head and chest, which had been cut fully open. Ireland's senior pathologist determined that the heart remained, but a lung was missing.

Police offered no explanation for what happened to the lung. Evidence suggested that O'Gorman's prone head and body also were bludgeoned with a dumbbell.

THE ASSOCIATED PRESS

John Kerry meets with Russian foreign minister

John Kerry, left, greets Russian Foreign Minister Sergey Lavrov, right, with a pair of Idaho potatoes. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

For some watchers of international diplomacy, the sombre road to Syrian peace was overrun Monday by potatoes and furry pink hats.

A swapping of delegation gifts between U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov served as a distraction from predictions of elusive success in Syria.

The usually stern-faced Lavrov came to the meeting armed with at least two ushankas, a traditional Russian fur hat with earflaps that tie to the top of the hat. Both hats went to women on Kerry's press staff — including a bubblegum-pink one for State Department spokeswoman Jen Psaki.

The more bizarre bout of diplomacy came over a pair of Idaho potatoes.

Kerry explained to press that he was in Idaho over the holidays when he and Lavrov spoke by phone. The Russian, it seemed, associated Idaho with potatoes.

"He told me he's not going to make vodka. He's going to eat them," Kerry said of Lavrov, who was next to him at an otherwise grim news conference on militant threats to humanitarian aid for Syria. THE ASSOCIATED PRESS

RICK MERCER REPORT
Believe it or not, this week Rick dives into the new Ripley's Aquarium in Toronto.
cbc.ca/mercerreport | @rickmercer
BRAND NEW EPISODE
TONIGHT at 8/8:30NT
followed by 22 Minutes
CBC

Family friend allegedly kidnaps teen for ransom

Winnipeg. Note demanding money left for boy's family, but officers found 14-year-old and arrested man

A Winnipeg teen is unharmed after he was allegedly kidnapped for ransom by a family friend.

Winnipeg police said a man, known to a local family, convinced the family's 14-year-old boy that he was a police officer and that the boy was being investigated for an assault.

The man allegedly took the teen to a downtown hotel, took the teen's phone away and convinced him to stay in the room to avoid going to jail. He also produced a replica pellet handgun to further convince the teen to stay, said police.

The man then returned to the family, but not before allegedly leaving an anonymous note for the family explaining their son had been kidnapped and demanding money.

Officers found the teen and made an arrest.

Harpreet Singh Kanda, 19, faces charges of impersonating a police officer, extortion, kidnapping using a firearm, possession of a weapon and carrying a concealed weapon.

He was detained at the provincial remand centre.

METRO IN WINNIPEG

Firefighters save dog that fell through ice

St. Louis firefighters Stan Baynes and Demetris Alfred struggle to secure Diablo, a Doberman pinscher who fell through the ice on the lake in O'Fallon Park in St. Louis, Mo., in this photo taken on Sunday. Diablo's owner, Jason Newsome, said Diablo ran after a goose and fell through the ice. The dog was in the ice for about 25 minutes. J.B. FORBES/ST. LOUIS POST-DISPATCH/THE ASSOCIATED PRESS

India

Tigers dying from deadly dog virus

India is scrambling to protect its beleaguered tiger population after several big cats tested positive for a virus common among dogs but deadly to other carnivores, experts said.

In the last year, canine distemper virus has killed four tigers and several other animals across northern and eastern India. THE ASSOCIATED PRESS

Britain

Rare water lily stolen

A minuscule, nearly extinct water lily has been stolen from London's Royal Botanic Gardens, officials said Monday.

Nymphaea thermarum was discovered growing in the damp mud of a hot water spring in Rwanda in the 1980s. When the mud around the spring dried up in 2008, the plant disappeared from the wild. THE ASSOCIATED PRESS

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Petition urges Canada Post to keep door-to-door delivery

More than 120,000 signatures. Effort aims to draw attention to effects change may have on those with limited mobility

Canada Post trucks are parked in a lot in Mississauga, Ont. FRANK GUNN/THE CANADIAN PRESS

An online petition urging Canada Post to reconsider its decision to end door-to-door delivery in urban centres has garnered more than 120,000 signatures.

The petition was started by Susan Dixon, a mother from Cambridge, Ont., on Dec. 15.

"My youngest has cerebral palsy and uses a walker or wheelchair to get around," Dixon says in the petition. "For me, Canada Post's decision would mean having to bundle them up and struggle through the snow with a wheelchair just to get our mail."

Canada Post announced some dramatic changes to its operations last month, including plans to phase out the age-old tradition of home delivery in urban areas. The company said that without postal carriers travelling by foot, it would save a significant amount of money.

"My hope is that they change their minds and really consider what they are going to be doing to people with disabilities," said Dixon.

The petition — posted on the website Change.org — draws attention to anyone in Canada who has limited mobility, and the possibly dangerous effects this change could have on their lives.

With the help of organizers at Change.org, Dixon said she will soon be bringing the petition to several executives at Canada Post, including chief executive Deepak Chopra, and to the Minister of Transportation Lisa Raitt.

"We're certainly going to watch that (petition) and any feedback that people put forward," said Jon Hamilton, a spokesman for Canada Post.

"When we hear about Susan and her issues, we hear those loud and clear and we know we need to be sensitive and understanding in our approach to changes," he said.

"But the status quo is not going to change."

Hamilton said that Canada Post is trying to maintain service to all Canadians but that they need to find innovative ways to do it in order to remain self-sufficient.

THE CANADIAN PRESS

Give patients access to health-care costs: Hospital CEO

Watching Breaking Bad — the hit TV show about a teacher who turned to cooking meth to help pay for his cancer treatments — got David Musyj thinking about how little Canadians know about the cost of their health care.

Musyj, CEO of Windsor Regional Hospital, thinks patients would appreciate health care more if they knew exactly how much it cost.

"How can we have an educated debate regarding health care, which is consuming 40-plus per cent of our provincial budget — approximately $50 billion a year — when we have no clue on how much individuals are consuming or what is the cost of health care on an individual basis," Musyj asked in an interview.

In a report to his hospital's board of directors, Musyj suggested people should be provided with a summary of all their Ontario Health Insurance Plan charges on an annual basis, or when a patient leaves a hospital.

Instead of mailing invoice-like statements to patients, the government could set up a website so people could see how much their health care costs the province, added Musyj.

The New Democrats "love" the idea of letting people see their OHIP charges on a website. "They are taxpayers' dollars and we should know how much money was spent for the service that we got," said NDP health critic France Gélinas.

The Progressive Conservatives also support giving patients accurate information on how much their care costs.

Musyj said he's pretty sure of one thing: "If Breaking Bad was a Canadian or an Ontario series it would have been over in one episode because Walter White would have gotten his chemo without charge and would have gone into remission and the series was over.

"It wouldn't have gone on because he wouldn't have had to turn to a life of crime to pay for it."

THE CANADIAN PRESS

Calgary

Parents camp out all night to secure kindergarten spot

Catholic parents braved sub-zero temperatures camping out front of a southwest Calgary school overnight Monday in hopes of securing a kindergarten spot for their child.

CCSD spokesperson Sean Myers confirmed three parents arrived out front of John Costello School around 6 p.m. Sunday and were later joined by more around midnight. By the time the principal arrived in the morning, more than 20 parents had joined the makeshift campsite.

JEREMY NOLAIS/METRO IN CALGARY

Controversy

Quebec's new cardinal says values charter is 'dividing people'

Canada's freshly appointed cardinal says Quebec is making people increasingly afraid of each other with its controversial values charter.

Quebec Archbishop Gerald Cyprien Lacroix spoke out Monday against the proposed legislation.

The PQ government's plan would ban public-sector employees from wearing religious symbols.

"We're dividing people," he told a Quebec City news conference.

THE CANADIAN PRESS

Osisko Mining Corp.
Goldcorp's $2.6B takeover offer sends shares soaring

Goldcorp Inc. made an unsolicited $2.6-billion takeover offer for Osisko Mining Corp. and its Canadian Malartic mine in northern Quebec on Monday.

The offer sent Osisko shares soaring more than 20 per cent or $1.07 to close at $6.24 on the Toronto Stock Exchange, well above the offer price as investors speculated that a rival bid might be made. John Ing, president and chief executive of investment firm Maison Placements Canada, said Goldcorp will likely have to sweeten the offer if it wants to close the deal or face a rival.

Goldcorp Inc. is making a $2.6-billion takeover play for Osisko Mining Corp. AARON VINCENT ELKAIM/THE CANDIAN PRESS

"The reality is it's a miserly bid," Ing said, referring to the 15 per cent premium to Osisko's closing share price before the offer by Goldcorp.

THE CANADIAN PRESS

Market Minute

DOLLAR 92.20¢ (+0.47¢)

TSX 13,681.48 (-66.04)

OIL $91.80 US (-$0.92)

GOLD $1,251.10 US (+$4.20)

Natural gas: $4.30 US (-$0.01)
Dow Jones: 16,257.94 (-179.11)

McD's CEO saw success at bottom of coffee cup

Do you want a cup of joe with that? Head of McDonald's Canada gave flagging business a jolt by brewing up premium roast java

John Betts, president and CEO of McDonald's Restaurants of Canada, serves a McCafé coffee at the busy restaurant location in the Toronto Eaton Centre. TORSTAR NEWS SERVICE FILE

It all started with a simple cup of coffee.

John Betts, president and CEO of McDonald's Canada, was general manager for McDonald's in the Michigan region when a couple of competitors announced they would be moving into the area in a big way.

Betts, 61, doesn't say Tim Hortons was one of them. But Tim Hortons was one of them.

Betts took his restaurant operators up to Canada to have a look around and paid attention to the fact that coffee shops were sprouting up on every street corner. And they tasted the coffee. And went back to Michigan to improve their coffee.

It was a small innovation, but one that would change the flagging fortunes of the fast-food franchise that was built on burgers and fries.

In 2007, Consumer Reports declared McDonald's coffee the winner of a taste test against Starbucks, Burger King and Dunkin' Donuts.

When in 2008 he was named president of McDonald's Restaurants of Canada, Betts faced a challenging landscape.

The McDonald's Canada premium roast coffee was developed specifically for Canadian palates and Betts decided to go big with a free national giveaway in April 2009. The company has run two events per year since then, tripling its brewed coffee business, including McCafé specialty beverages, over 2008.

"We've created a bond with Canadians that we didn't have five or six years ago and it all started with the coffee," Betts says.

TORSTAR NEWS SERVICE

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PUSH PRESENT: EVEN THE NAME IS GROSS

There's a lot to expect when you're expecting, but an increasing number of women are hoping for more than just a newborn baby at the end of their nine-month pregnancy.

One of the latest trends in culturally mandated gift-giving is the "push present," an expensive token of appreciation bestowed upon a woman by her partner after she literally "pushes out" their offspring. As with most over-the-top consumption-driven traditions, we probably have celebrities to blame for this one.

Kanye West reportedly gifted Kim Kardashian with a $770,000 black and tiger-stripe diamond ring following the birth of their daughter North last year.

And during an appearance on Ellen last week, singer Tamar Braxton flaunted her push present, a recently acquired diamond ring from her record executive husband, Vincent Herbert. You'd think it would be ludicrous for us regular humans to take life lessons from the rich and frivolous, and yet the push present trend is growing in popularity among the mainstream masses in North America and beyond.

SHE SAYS

Jessica Napier
metronews.ca

A poll conducted by a U.K. parenting website found that over a quarter of its 1,200 online community members were expecting, or had already received, a push present from their significant other. Jewelry, tablet computers, handbags and designer watches were some of the most popular gifts first-time mothers received as tokens of appreciation from their husbands and boyfriends following childbirth.

Personally, I have a problem with the high expectations and implicit materialism attached to these post-baby baubles. It's not that I'm against showering your significant other with gifts every once in a while, but there's nothing special or heartfelt about a mother-to-be pressuring her partner to buy a pricey item off her delivery-room wish list.

Carrying a child for nine months and then lamaze-breathing your way through hours of labour is an incredibly challenging accomplishment that certainly deserves some sort of acknowledgement.

Isn't the miracle of life gift enough?

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance.

But the only reward you should really be anticipating at the end of the painful delivery process is a happy and healthy baby, not a sparkling tennis bracelet or a new pair of shoes.

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance. Most non-celebrity couples would be better off saving their money for their child's education rather than investing big bucks on an obligatory gift. I have to hope that if and when I have a baby, the only thing I'll need from my partner is his continued support and a solemn promise to share diaper-changing duties equally.

There are approximately one trillion things new parents need to worry about (and spend money on) prior to the birth of a child, and a push present certainly isn't one of them.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Why hello there, Miss Bear

KEVIN DIETRICH/SOLENT NEWS

Metro Q&A with photographer

'Not a man in a bear suit'

KEVIN DIETRICH
Realty broker/amateur photographer, 33, from Steamboat Springs, Colo.

Where did you take this amusing photograph?
In the Chugach National Forest in Alaska. My brother and I spent 14 days there searching for grizzly bears in the wild. We found a mother and two cubs hunting for food. The mother caught about seven salmon and this little cub was very excited and animated as she waited for her to bring back food to the shore.

Did you feel in any danger being close to a grizzly?
Yes, we did feel apprehensive; the mother bear had noticed us from afar approaching to take a photograph. But we never got closer than 10 metres to the bears — we created a happy medium where the mother was comfortable with our presence. She and her cubs were relaxed enough to fall asleep in front of us after their filling meal.

What has been the reaction to your picture?
Someone thought it was a man in a bear suit! But seriously, people have found this seemingly human-like gesture the most appealing aspect.

What does this image represent? Is it more than a shot of a cute bear?
In a way it sums up what Alaska is all about: a grizzly bear in the wild, the pristine glacial water, the vibrant colours.... But in another way it only represents part of that Alaskan experience; there are so many other sights that can encapsulate that natural wildness.

INTERVIEW BY ANTHONY JOHNSTON/ METRO WORLD NEWS

WE ACT:
CANADA DOES GOOD

Q&A with a visionary, hero, expert hotdog griller

CONTRIBUTED

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

Who: Bonnar Dowler, visionary, quiet hero, and expert hotdog griller
Where: Summerland, B.C.
What: Founded Agur Lake Camp
Why: Dowler and his wife lost a child to heart problems almost 40 years ago. While in the Vancouver children's hospital, he saw other families dealing with their own struggles, and he wanted to help.

He never forgot his dream. The result was a wilderness camp for families with special-needs children that officially opened July 2013. A dedicated volunteer, Dowler can be found helping where the camp needs him most, whether that's cooking hotdogs, manning booths or spreading smiles.

He believes everyone should have access to a space where they can take a break, enjoy nature and spend time together.

What will this camp mean for the families who visit?
It will give them a break from the pain and suffering they are going through. It's a release for the parents (especially) to get away and to get a break — an opportunity to go out fishing or see some wildlife, or some time to themselves.

Where do you get your motivation to keep getting involved? Just to see the smiles on the parents' faces and the smiles on the kids' faces. All of a sudden you see their pain and anguish just disappear. If that's what it's all about then I've done my job.

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

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SCENE

DVD review

You're Next

Director. Adam Wingard

Stars. Sharni Vinson

You don't need anybody to fingerpaint you a picture in blood about what's about to happen at the rural mansion of the affluent Davison clan, when four dyspeptic siblings and their scrappy partners gather with mom and dad (Barbara Crampton and Rob Moran) for a 35th wedding anniversary party. It's what happens next that fulfills the title and gives Adam Wingard's film its bloody bolt of energy. A prologue reveals earlier carnage at the Davisons' neighbours down the road: a couple's post-shag ambush by home invaders leaves bodies slumping, bodily fluids and liquor spilled and the Dwight Twilley Band's Looking For The Magic spookily playing on the stereo (it becomes the film's unsettling theme song). This nifty little thriller-chiller satisfies expectations of Midnight Madness gore hounds (it was at TIFF 2011) — and then happily goes about exceeding expectations. Watch out for arrows, blades and lethal blenders.

PETER HOWELL

It was all a dream ...

Born Sinner. J. Cole and his Notorious B.I.G. Juicy-inspired album is blowin' up — like he thought it would

EMILY LAURENCE
Metro World News in New York

J. Cole doesn't need anyone to tell him that 2014 is his year. "Every year people tell me that it's 'my year,' but this time I know it's true," he tells us. "I feel like I can accomplish anything. It's a good feeling."

The rapper and producer has good reason for feeling confident. His album Born Sinner was named one of the best albums of 2013 by Rolling Stone. Released the same day as Kanye West's album Yeezus, Cole outsold West and surpassed him on the Billboard charts.

"Being able to say your album sold more than the Kanye West album is a crazy statement, and I'm a very big Kanye fan," Cole says. "It shows that if you give people the option to choose, they're going to choose Born Sinner. That's just the truth and it feels amazing."

Cole pairs his ability as a producer and lyricist on Born Sinner with collaborations with Kendrick Lamar, Miguel, Dirty Projectors' singer Amber Coffman, 50 Cent and TLC, who sing the hook on the album's single, Crooked Smile.

But despite all the big names, Cole says he never had a "wish list" of artists he was hoping to work with. "It happened in the flow of creating the music. Like with Crooked Smile, I thought, 'Oh man, I would love to hear TLC sing this right here. That would be crazy.' I thought it would be impossible, but it all worked out."

Quoted

"Being able to say your album sold more than the Kanye West album is a crazy statement."

J. Cole on Born Sinner surpassing Kanye West's Yeezus on the Billboard charts.

With Jay-Z standing behind him, Cole shouldn't have been surprised. Jay-Z has been mentoring Cole from the beginning of his career and their relationship has morphed from a business relationship to one of equals.

"Now, I have the confidence of knowing what I'm doing and I don't need approval. I love Jay-Z's guidance and I get it when I want it but I know how to survive in this game," Cole says.

But despite the bragworthy connections and album sales, Cole says the heart of why he makes music is in the lyrics. "I want to change the way people look at themselves," he says simply. His attempts at this come across in songs like Crooked Smile, Losing My Balance and Lights Please, which Cole says were all crafted to be subtle, not preachy.

"I learned a long time ago to be somebody that people can relate to and then slip in the messages I want," he explains.

"I want to change the way people feel about themselves not just on a physical level, but the way black people look at themselves, or women look at themselves, or the concept of beauty — whatever it is."

J. Cole is doing well with this rappin' stuff. CONTRIBUTED

When asked if there was anything that did that for him, Cole only credits his mom, who he says unwaveringly supported him in everything he wanted to do. "When I was a kid, I painted this Nike sign on a brown board with these watercolours she got me. Looking back, it was terrible, but her reaction to it at the time was as if it was the greatest thing she'd ever seen and she was so proud of me. I don't think my mom realizes the effect her support had on me. She let me quietly believe I could move to New York and go to college, while at the same time pursuing my music dream."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Poehler's man-pal wages war against Bono post-smooch

MELINDA TAUB
Metro World News

Yes. This is how it should be. All boys should be fighting for Amy Poehler's favour, all the time.

The Parks and Recreation star pulled double duty Sunday night at the Golden Globes as both co-host of the show and nominee for best actress in a TV series, comedy or musical.

Since she didn't have a seat in the audience, she sat on Bono's lap when her nomination was announced.

And then she won! Though her speech was shaky, and she appeared to be in genuine shock, Poehler didn't lose her comedic chops in her moment of triumph — the second her win was announced, she leaned over and planted a big ol' kiss on Bono. Poehler's boyfriend Nick Kroll, comedian and star of the Kroll Show, jokingly threatened to take his revenge for the make-out sesh, tweeting, "Hey Bono, watch your back."

Aww, they're sweet. Seriously though, Nick Kroll should have to fight off Brad Pitt and Michael Fassbender and every Hemsworth and '70s-era Harrison Ford over Amy Poehler all the time. She deserves nothing less.

Prince

Purple Rain pop star to make post-Bowl cameo on New Girl

Fox's post-Super Bowl party will include Prince making a guest appearance on the comedy New Girl.

In an episode of the show that will air directly after the big game next month, Zooey Deschanel's character is invited to a mansion party hosted by Prince — and her friends are determined to crash.

Fox will also air an episode of Brooklyn Nine-Nine that night after New Girl, with the show fresh off its Golden Globe award for best comedy. The Super Bowl is traditionally the most-watched television event of the year, so the time slots after it are considered prime real estate.

THE ASSOCIATED PRESS

Ke$ha tried to make mom go to rehab and she said yes, yes, yes

Ke$ha

The family that rehabilitates together stays together, it would seem, as singer Ke$ha's mother, Pebe Sebert, has checked herself into the same rehab facility as her daughter, according to People magazine. "I'm checking myself into Timberline Knolls today for post-traumatic stress disorder, at Ke$ha's urging," she tells the magazine. Ke$ha checked into the facility earlier this month to cope with an eating disorder.

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CANADIAN MUSIC THERAPY TRUST FUND

HIMYM star smiles it forward

Alyson Hannigan. The How I Met Your Mother actress talks to Metro about some of the surprises that parenting brings

EMILY LAURENCE
Metro World News

How I Met Your Mother's Alyson Hannigan with daughters Keeva, 1, and Satyana, 4. CONTRIBUTED

How I Met Your Mother star Alyson Hannigan freaked out when her oldest daughter — Satyana, now 4 — started teething.

"I had no idea what was wrong," she tells Metro. "She was just crying all the time and miserable. I took her to the pediatrician and he literally told me all I had to do was give her some Tylenol and it would take her pain away. It was that easy."

It's part of the reason why she teamed up with the medicine brand for Smiling It Forward. Parents can upload a photo of their little one to SmilingItForward.com, and for each photo uploaded Tylenol will donate $1 to the Children's Health Fund, a national nonprofit that gives free health care to kids who need it.

We talked to Hannigan about some of the other surprises — besides teething — parenting brings.

You have two daughters, Satyana, 4, and Keeva, 1. What is Satyana into now?

She loves it when I read to her. The girls have gotten to the point where they play together, which is so heartwarming. Sati also picks out all her own clothes, which [are] very colourful.

That must be interesting.

It's always very interesting and very bright. She's pretty disappointed if I wear black. I finally got away with it by saying, "You know sweetie, black is all the colours — I'm wearing them all!"

Who do you go to and trade parenting advice with?

I talk to the other moms at my daughter's school and my best friend, Pamela Fryman, who is the director of How I Met Your Mother. She's a fantastic mom. Her daughters were 12 when I met them and now they're 21. I'm always asking her for advice.

Which one of your co-stars is the best with kids?

Cobie [Smulders] is unbelievable. She's really fun and the kids fall for her. Jason [Segel] is sort of scared of babies .... He likes to keep his distance, but he's really good with them.

Balance determinants in people with knee osteoarthritis study at UBC

The Motion Analysis and Biofeedback Lab at the University of British Columbia is seeking volunteers with knee osteoarthritis for a study. The study consists of a knee radiograph and one 2-hour visit at UBC to assess balance and aspects of physical function such as muscle strength.

INCLUSION CRITERIA:
- 50 years of age or older
- diagnosed with knee osteoarthritis

EXCLUSION CRITERIA:
- significant neuromuscular impairment (i.e. Parkinson's, previous stroke, multiple sclerosis, diabetes)
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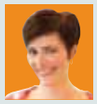
Health Solutions

A flour substitute — with a warning



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Seems like everyone is going Paleo, low carb or gluten free these days and alternative flours are springing up.

Almond flour is a popular one but you need to know that it has twice the calories of wheat flour, most of it from fat.

In addition, you can't just swap out almond flour in your recipes. It doesn't have the same consistency or the ability to hold water that other flours have. So, you need to start from scratch.

Here are some reasons that searching out almond flour recipes may be a good idea for you (or on occasion).

• Almond flour contains more protein than wheat flour, and has no gluten.

• Almond flour contributes twice the potassium and six times more calcium than wheat flour.

• One ounce of almond flour provides 35 per cent of your vitamin E needs for the day. Wheat flour? One per cent.

If you are on a weight loss journey, you will want to think carefully about using almond flour, but if you are up for the added calories, you will also benefit from added nutrients.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Almond Flour Brownies get Paleo-friendly makeover

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves 12. COURTESY THERESA ALBERT

This is a Paleo-friendly, low glycemic, high nutrient and easy to make and delicious twist on the classic.

If you wish to dress it up, simply melt some extra chocolate and drizzle on top.

1. Butter an 8-inch square baking dish and preheat oven to 350 F.

2. In a glass bowl, melt butter and chocolate in microwave for a minute or two, allow to cool.

3. Whisk in molasses, eggs, vanilla, salt, cinnamon, baking soda, almond flour and cocoa powder. Pour into pan.

4. Bake for about 22 - 25 minutes just until edges begin to set. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1/2 cup butter
- 2 oz semi sweet chocolate
- 2 tbsp molasses
- 2 large eggs
- 1/2 tsp vanilla
- Pinch salt
- 1 tsp cinnamon
- 1/4 tsp baking soda
- 1/2 cup + 3 tbsp almond flour
- 2 tbsp pure cocoa powder

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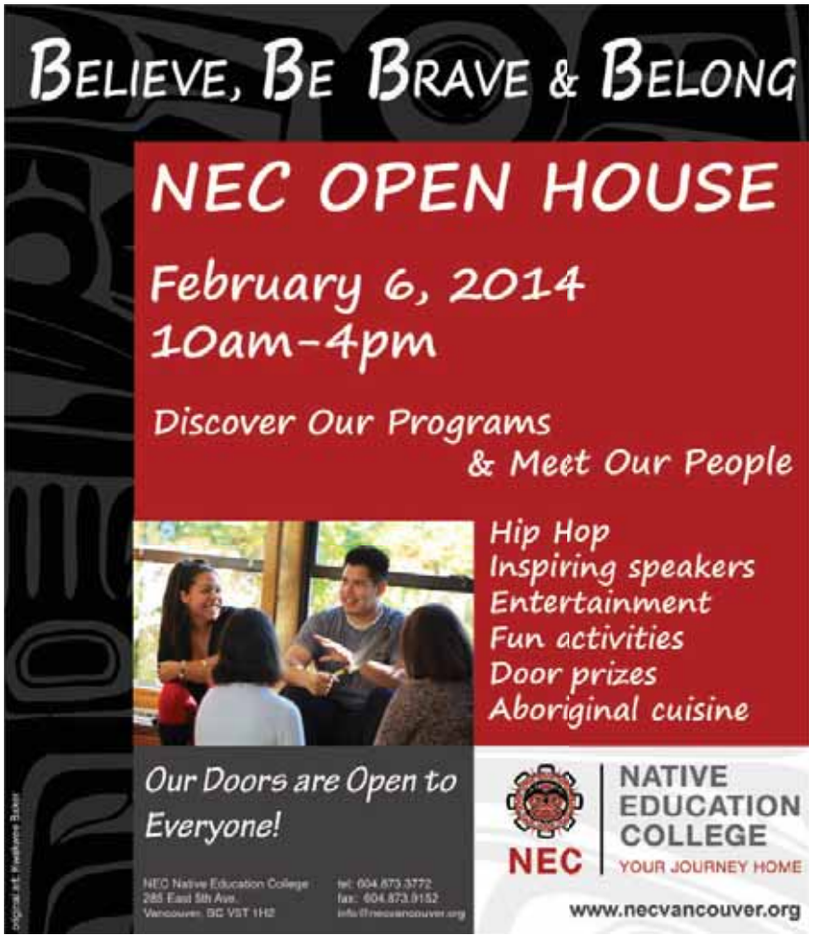
metro
LEARNING CURVE
Tuesday, January 14, 2014

MLA for Burnaby North Richard Lee, left, Chief Wayne Sparrow, Langara board chair Anne Lippert, Deputy Mayor Tony Tang, Minister of Advanced Education Amrik Virk, and Langara president and CEO Roy Daykin break ground on Langara's new science and technology facility. KK LAW PHOTO



Langara breaks ground on new $50M facility

DANIEL HENDRIKSEN
For Metro

Construction has started on a new $50-million facility at Langara College. The post-secondary institution held a ceremony in December to celebrate breaking ground on its new science and technology building.

Once completed, the 130,000-square-foot structure will be home for biology, chemistry, physics, astronomy, nursing, kinesiology, and computing science labs, as well as a lecture hall, multi-purpose classrooms, and collaborative study spaces.

Langara is striving to make sure the facility meets a minimum LEED Gold designation. It will feature reflective and green roofs, use of local LEED-approved building materials, and hot water generation via solar thermal panels.

Advanced Education Minister Amrik Virk was among many officials from the B.C. government, the city of Vancouver, and the Musqueam First Nation in attendance at the ceremony.

"Congratulations Langara as you take another big step in your campus renewal," Virk said. "New labs and classrooms will make your science and technology programs even better, and give students the skills they need to fill jobs as information systems analysts, health-care professionals, geoscientists and in other areas where there's a real demand for workers right here in B.C."

Joining Virk at the event were Elder Shane Point and Chief Wayne Sparrow, Burnaby North MLA Richard Lee, Langara board chair Anne Lippert, Vancouver Deputy Mayor Tony Tang and Langara president and CEO Roy Daykin.

SFU to honour outstanding alumni

Simon Fraser University (SFU) is set to hand out four outstanding alumni awards (OAA). The school's alumni association will be honouring Krista Guloien, Lance Uggla, Howard Sapers and Tim Martin at the awards' 30th anniversary event Feb. 26.

Guloien graduated with a BA in criminology in 2004 and is being recognized for athletic achievement. The Vancouver native was an Olympic silver medallist in women's rowing at the 2012 Games in London, England.

Uggla, who hails from London, England, is being honoured for professional achievement. Uggla obtained a BBA from SFU in 1985 and is the co-founder and CEO of Markit, an organization that provides transparency around credit swaps and pricing information while reducing customer risks.

Ottawa's Sapers is being recognized for public service. He graduated from SFU with a BA in criminology in 1980. Sapers is a correctional investigator for the federal office of the correctional investigator.

Also being honoured for public service is Martin, who obtained his MA in geography from SFU in 1984. Martin lives in Bogota, Columbia, and is the Canadian ambassador to the Republic of Colombia. Martin's record of international service spans a range of countries and issues including aid and development, environmental concerns, conflict resolution, failed states, multilateral relations, trade, diplomatic relations, and peace and security.

Advanced Education Minister Amrik Virk tests out the new ventilation system at BCIT. CONTRIBUTED

BCIT welding shop gets upgrade

DANIEL HENDRIKSEN
For Metro

The British Columbia Institute of Technology (BCIT) welding shop recently had a new ventilation system installed. The $2.7-million upgrade allows for more efficient energy consumption and lowers greenhouse gas emissions.

The new system, partly funded by the province, was celebrated in December by industry professionals, employers, and BCIT students and faculty. Advanced Education Minister Amrik Virk was also on hand to test it out.

"The new ventilation system reduces energy consumption, improves air quality, and results in less noise," Virk said in a media release. "As a result of our investment, BCIT will save energy, welding students at BCIT are receiving better instruction and it's a better work environment for instructors."

The upgraded ventilation in the welding department is part of BCIT's "factor four" program, which will reduce energy consumption by 75 per cent in seven buildings.

Overall, the system will save an estimated 600,000 kilowatt hours of electricity per year. Natural gas consumption will be reduced by the amount needed to heat 140 average sized Metro Vancouver apartments, and the amount of greenhouse gases reduced is equivalent to eliminating the CO_2 emissions from 100,000 litres of gasoline.

The energy and maintenance savings coupled with a BC Hydro Power Smart incentive will add up to approximately $125,000 per year.

"BCIT greatly appreciates the contributions of the Ministry of Advanced Education, PCL, and BC Hydro toward the revitalization of our welding facility," said Rod Goy, dean, BCIT School of Construction and the Environment. "Ultimately, these improvements will reduce our carbon footprint and our energy costs, while improving our ability to supply the province with skilled tradespeople."

"Upgrading trades and technical training facilities is both an important part and key factor in the success of our skills and training plan," said Minister of Jobs, Tourism and Skills Training and Responsible for Labour Shirley Bond.

UBC. Anthropologist joins school staff

The University of British Columbia (UBC) recently welcomed well-known Canadian ethnographer and author Wade Davis to its staff. Davis, who was born in Vancouver, joins UBC with the goal of advancing global awareness of cultures and ecosystems at risk.

Davis has written more than 20 books, several of the bestselling variety, including The Serpent and the Rainbow, which was made into a major Hollywood movie, and Into the Silence, which won the 2012 Samuel Johnson Prize, one of the world's top non-fiction prizes. He is best known for his work among indigenous societies worldwide, however.

"I am thrilled to return to British Columbia to join a university so committed to advancing the understanding and celebration of the world's cultures, ecosystems and biological heritage," Davis said in a press release. "I feel honoured to have this chance to collaborate with so many inspired UBC colleagues and the broader community to advance these crucial issues on a global stage."

Davis will begin his tenure at UBC in July. He will be based out of the Liu Institute for Global Issues and will serve as a professor in the department of anthropology and research associate with the museum of anthropology. Davis will only be teaching half of each academic year to allow extensive research and outreach in the field.

Davis holds degrees in anthropology, biology and ethnobotany from Harvard University.

DANIEL HENDRIKSEN

Kwantlen hosts Science Challenge

Approximately 375 high school students recently took part in Kwantlen Polytechnic University's (KPU) eighth annual Science Challenge. The event gives students a chance to try their hand in a variety of university level science competitions.

Held at KPU's Richmond campus, the contest saw about 50 teams of both junior and senior students engage in a variety of biology, chemistry, engineering design, mathematics, physics, botany, sustainable agriculture, and geography challenges.

Teams were judged on several criteria, including successful solution of design problems, good experimental technique and measurement skills, precise application of science concepts, and correct use of data and calculations to draw conclusions.

"The event promotes experimental hands-on learning using the university's science labs, and sparks interest in pursuing science after they graduate from high school," Don Mathewson, physics instructor, event co-ordinator, said in a media release.

"The Kwantlen Science Challenge is a fantastic opportunity for future science students to experience science education in an exciting and interactive environment," added Betty Worobec, dean, faculty of science and horticulture, KPU.

All of the challenges were hands-on and were aimed at being educational, entertaining, and challenging. The top five teams in each age group received prizes.

The KPU annual Science Challenge was created to allow young students in B.C. to learn as much as they can about science while showcasing what it can do and how it affects our everyday lives. Up to 30 teams from each age group take part each year.

"The event itself is a whole lot of fun for the kids," said David Jamieson, a science teacher from Maple Ridge Secondary School. "It helps them see some of the options available to them after high school, and the competition they will be facing from other students across the Lower Mainland, Fraser Valley and on the Island."

For more information, visit kwantlen.ca/science.

DANIEL HENDRIKSEN

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Banks can go over the top with overdraft protection

Avoid overspending with cash control. But if you must to do it search for a fixed fee, watch for greedy charging plans

GAIL VAZ-OXLADE
life@metronews.ca

I've worked with a lot of people who have overdraft protection, and I hear from many more every month. While there are pros and cons to overdraft protection, most people sign up without really understanding what they're "buying."

Overdraft protection is usually sold to people when they open their accounts as the way to ensure that bounced cheques don't ruin their credit ratings. When you try to spend money you don't have in your account, the bank covers the withdrawal — be it a cheque, debit or cash withdrawal.

Don't confuse the kind of overdraft protection you "buy," for which you sign an agreement, with what some banks call "bounce protection" or "courtesy overdraft protection" which they offer to save you from the embarrassment or hassle of a returned cheques, which can be very expensive.

The average courtesy overdraft fee runs to about $29 a month, but fees can be substantially higher depending on how undisciplined you are. And since the fee is levied regardless of the amount you go into overdraft for, it can be astronomical when you calculate it as a percentage of the "loan."

One woman wrote me to say that she was appalled when her statement came in and she had over $160 in bounce fees. Some banks are trying to make their OD protection even more profitable by charging up to $5 for every business day an overdraft is created or increased. So if you go into overdraft on the 12th, you'll be dinged with a $5 charge. Buy something for $1.25 the next day and go further into your overdraft and you'll be dinged with another $5 fee. Ouch! I'm all for the traditional overdraft protection for which you sign an agreement so you know what you'll pay in interest, and for which you pay a flat monthly fee.

This is particularly true if you're in a transition: getting separated or divorced, moving or changing jobs. An overdraft protection plan beats the pants of NSF fees and the bruise on your credit report. And it is far less expensive than the pay-as-you-go option.

What I'm not down with is the idea that overdraft protection gives people a license to ignore their cash management. No, you can't spend whatever you want, whenever you want, because overdraft protection is there to catch you like a safety net. And you're not allowed to live in overdraft, squeaking into the black for a couple of days twice a month when your paycheque passes through your account. While some of you might think, as I do, that overdraft protection is a short-term affair — most overdrafts are said to last only about five days or less — I've met oodles of people who practically live in overdraft. And, ya know what?

The banks don't mind one little bit when you go into overdraft, since overdraft interest rates are well above regular lending rates. One bank I checked charges 21 per cent interest on your outstanding overdraft balance, along with the fee that going into overdraft automatically triggers.

Despite being extremely profitable for banks, lenders can sometimes get testy if you stay in overdraft too long.

Read the paperwork. Often there's a clause that says you can't stay in overdraft for more than a certain number of days each month. Break the rules when money is flowing easily and no one much minds. Break the rules when credit is tight and banks are feeling the pinch and they'll call your overdraft, demanding their money back lickety-split.

Yes, they can do that. If you're scratching your head because the rules seem to change depending on the wind, you're right to be confused; just know the cards are stacked in favour of the bank. After all, if an overdraft is just for the odd slip as the marketing material says, then why do some banks offer the option of going $5,000 or more into overdraft? That's *not* a little slip. Except for those transitional times when slips are natural, overdraft isn't the great solution your banker makes it out to be; the better solution is to manage the cash in your account so you don't try to spend money you don't have.

How do you do that? Easy. You use a spending journal to track what's going into and coming out of your bank account. Get yourself a notebook. When you put money in your account, add it to your balance. When you spend money from your account you debit that amount from your balance. Keep your eye on the balance.

If you think that sounds like too much work, you're a dope.

You'd work at least this hard to find where gas is selling for a penny less, or where tuna is two for $1.59, or where wings are all-you-can-eat for $3.99. Staying out of overdraft is one of the best deals going.

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

Overdraft protection doesn't give you a license to ignore your cash management, says Gail — you can't spend whatever you want, whenever you want because overdraft protection is there to catch you like a safety net. ISTOCK

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Hockey

Reinhart sits 4th in NHL's N.A. ranks

West Vancouver's Sam Reinhart is in the top-five North American skaters among 2014 NHL draft prospects, as per the latest rankings.

The Kootenay Ice centre is fourth amongst North Americans, according to the NHL Central Scouting Bureau, which on Monday released its midterm rankings for the June draft.

Sam Reinhart GETTY IMAGES

Reinhart, 18, represented Canada at the 2014 world junior championships and is eligible to return to the tournament next year. In seven games with Team Canada, which placed fourth for a second consecutive year, Reinhart had two goals and five points.

This season with the Ice, Reinhart has 18 goals and 53 points in 34 games.

In December, just prior to the beginning of the world juniors in Malmo, Sweden, the International Scouting Services had Reinhart as the top-ranked prospect heading into the draft.

The central scouting midterm rankings had Samuel Bennett of the OHL's Kingston Frontenacs as the top-ranked North American skater.

The ISS had him as the fifth-ranked prospect last month.

Abbotsford's Jake Virtanen of the WHL's Calgary Hitmen was ranked ninth amongst North American skaters.

CAM TUCKER/METRO

Canucks blanked in chippy affair

NHL. No love lost between L.A. and Vancouver as Quick out-duels Lack

On Monday	
1	0
Kings	Canucks

Kings goalie Jonathan Quick and defenceman Drew Doughty clear the puck as Canucks centre Mike Santorelli moves in on Monday night in Los Angeles. REED SAXON/THE ASSOCIATED PRESS

Jonathan Quick made 28 saves in his 27th NHL shutout, Dustin Brown scored early in the third period and the Los Angeles Kings beat Vancouver 1-0 on Monday night for their fourth win over the Canucks this season.

Brown converted on a 3-on-1 rush just 24 seconds into the final period of a fight-filled game for the Kings, and Quick was unbeatable while making his fifth consecutive start since returning from a 24-game injury absence.

The U.S. Olympic goalie posted his second shutout of the season and his first since Nov. 7, a week before he severely strained his groin.

Eddie Lack stopped 19 shots in his fourth straight start for the Canucks, who were shut out for the first time all season during their sixth loss in seven games.

Lack is filling in for Roberto Luongo, who got hurt in a collision with Brown in the teams' earlier meeting this month.

Neither team scored in the first two periods of the Canucks' second visit to the Staples Center in 10 days, but both made a steady parade to the box with a combined 103 penalty minutes.

Los Angeles won for just the third time in 10 games, but stayed ahead of fourth-place Vancouver in the division standings. The Kings hadn't beaten the Canucks four times in a season since the 1990-91 campaign.

"We just don't like them very much, so they're always going to get our best effort," forward Jordan Nolan said.

THE ASSOCIATED PRESS

Sestito's night cut short — way short

Canucks forward Tom Sestito was ejected less than three minutes into the opening period of Monday's game with the Kings.

- Sestito grabbed Kings forward Jordan Nolan off a faceoff and threw several punches, while Nolan did not react.
- Sestito was reacting to a hit Nolan threw on Canucks captain Henrik Sedin on the previous shift.
- Sestito received 27 minutes in penalties on that one play. He was credited with only one second of ice time.

CAM TUCKER/METRO

Camilo Sanvezzo GETTY IMAGES

Whitecaps seek 'satisfactory' end to Camilo Sanvezzo saga

The evolving saga between the Vancouver Whitecaps and striker Camilo Sanvezzo that has long since spiralled beyond any semblance of control could be nearing a conclusion.

According to Jeff Carlisle of ESPN, a deal that would see the Whitecaps send Sanvezzo to Mexican side Queretaro FC for a seven-figure transfer fee "is close to being done." That was reported from the MLS Player Combine via Twitter late Sunday evening, and nothing had been officially announced as of Monday afternoon.

Whitecaps president Bob Lenarduzzi didn't confirm or deny the report, telling Metro that it is an "ongoing process."

In November, the Whitecaps picked up the option on Sanvezzo's contract for the 2014 season. In 2013, Sanvezzo won the MLS Golden Boot, scoring 22 goals while earning $247,500 in guaranteed salary.

At the beginning of January, a report from ESPN Deportes stated Sanvezzo had been sold to Queretaro. The Whitecaps dismissed this is as a rumour.

The tipping point of the whole fiasco occurred at the beginning of last week, when a photo of Sanvezzo in a Queretaro FC kit surfaced on Twitter, infuriating Vancouver soccer fans.

Lenarduzzi told reporters at the time that Sanvezzo wearing another club's kit while still under contract was "unacceptable and inappropriate."

"What we want is a resolution but what we want is a satisfactory resolution," said Lenarduzzi on Monday.

"It's not like because we want it over and done that we will do something that would be bad for the club. Ideally, it concludes soon."

CAM TUCKER/METRO

4 SPORTS

West-side story to end in battle for NFC championship

NFL. Seahawks, 49ers split two games during regular season with home teams the victors

Seahawks tight end Luke Willson catches a pass against 49ers Donte Whitner, bottom, and Patrick Willis on Dec. 8 in San Francisco. The 49ers won 19-17. BRIAN BAHR/GETTY IMAGES

After beating up on each other twice earlier this season, Pete Carroll was not surprised to see San Francisco as the opponent coming to Seattle for the NFC championship game.

He believes the division foes, with one of the most heated rivalries in the NFC, meeting for a trip to the Super Bowl is validation for how good the once-mocked NFC West has become.

"This matchup is exactly what everybody is looking for and it's an exciting one with a lot of background," Carroll said on Monday.

"I'm grateful it's coming from our division. I think our division really made a statement this year about how good we were and a lot of losses came within the division. When you look at it this is a fantastic matchup with a great opportunity for both teams."

Seattle (14-3) advanced to the NFC title game after knocking off New Orleans 23-15 in the divisional round on Saturday.

It's the second NFC championship game appearance for Seattle and third overall having once played for the AFC title.

There is familiarity and contempt when it comes to San Francisco and Seattle.

They've played six times since San Francisco coach Jim Harbaugh arrived before the 2011 season with the 49ers holding a 4-2 advantage. But of Seattle's four losses, only one — the first — has been by more than seven points.

Seattle and San Francisco split the two games this season with each winning at home.

The Seahawks rolled to a 29-3 win in Week 2, and the 49ers kicked a late field goal for a 19-17 win in Week 14.

THE ASSOCIATED PRESS

Evenly matched teams

15-15

Perhaps it's appropriate that the series record between the Seahawks and 49ers is tied 15-15 heading into Sunday with more at stake than ever before.

Australian Open. Raonic rolls into second round

Milos Raonic began his Australian Open with a 7-6 (2), 6-1, 4-6, 6-2 defeat of Spain's Daniel Gimeno-Traver on Tuesday to reach the second round in sweltering temperatures.

Raonic, the 11th seed from Thornhill, Ont., was tested for nearly two and a half hours in the demanding heat that hovered just above 40 C.

Raonic took the victory with 21 aces, striking 48 winners and breaking on seven of 20 chances.

He'll join compatriots Eugenie Bouchard, from Montreal, and Vancouver's Vasek Pospisil, who won their first-round matches on Monday. THE CANADIAN PRESS

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Baseball

Schneider named C's new manager

John Schneider, a former catcher in the Toronto Blue Jays organization, has been assigned as the manager of the Vancouver Canadians, the short-season Single A baseball club announced Monday.

Schneider spent the past two seasons in Florida with the Gulf Coast Blue Jays.

The Canadians also announced that hitting coach Dave Pano will return for a fourth season in Vancouver. Jeff Ware has been named as the team's new pitching coach.

The Canadians are coming off a third consecutive Northwest League championship.

Former Canadians manager Clayton McCullough, who guided the club to its last two championships, was named as the co-ordinator of instruction in the Blue Jays organization.

METRO

On the web

For more from the world of sports, go to metronews.ca.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	46	27	15	4	134	112	58
Montreal	46	26	15	5	117	107	57
Detroit	46	20	16	10	118	127	50
Toronto	47	22	20	5	128	143	49
Ottawa	46	20	18	8	131	146	48
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
NY Rangers	47	24	20	3	118	124	51
Philadelphia	46	23	19	4	121	129	50
Columbus	46	22	20	4	129	131	48
New Jersey	47	19	18	10	108	117	48
Carolina	46	19	18	9	111	130	47
NY Islanders	47	18	22	7	130	152	43

Monday's results
Calgary 2 Carolina 0
Columbus 3 Tampa Bay 2
Winnipeg 5 Phoenix 1
Vancouver at Los Angeles
Sunday's results
Buffalo 2 Washington 1 (SO)
NY Islanders 4 Dallas 2
Toronto 3 New Jersey 2 (SO)
Chicago 5 Edmonton 3
NY Rangers 4 Philadelphia 1
Minnesota 4 Nashville 0
Anaheim 1 Detroit 0
Tuesday's games — All Times Eastern
San Jose at Washington, 7 p.m.
Tampa Bay at NY Rangers, 7 p.m.
Toronto at Boston, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.
NY Islanders at Florida, 7:30 p.m.
New Jersey at Montreal, 7:30 p.m.
Ottawa at Minnesota, 8 p.m.
Calgary at Nashville, 8 p.m.
Phoenix at St. Louis, 8 p.m.
Colorado at Chicago, 8 p.m.
Edmonton at Dallas, 8:30 p.m.
Wednesday's games
Buffalo at Toronto, 7:30 p.m.
Washington at Pittsburgh, 8 p.m.
Vancouver at Anaheim, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	48	30	8	10	175	132	70
St. Louis	44	31	8	5	161	99	67
Colorado	45	28	12	5	132	115	61
Minnesota	48	25	18	5	118	119	55
Dallas	45	20	18	7	127	139	47
Nashville	47	19	21	7	109	141	45
Winnipeg	48	20	23	5	133	146	45

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	48	35	8	5	161	119	75
San Jose	46	28	12	6	148	116	62
Los Angeles	46	27	14	5	119	96	59
Vancouver	46	24	13	9	123	114	57
Phoenix	45	21	15	9	134	141	51
Calgary	46	16	24	6	103	144	38
Edmonton	48	15	28	5	126	169	35

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	42	67
Kane, Chi	23	33	56
Tavares, NYI	21	35	56
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49

Not including last night's games

NFL

DIVISIONAL PLAYOFFS

Sunday's results
San Francisco 23 Carolina 10
Denver 24 San Diego 17
Saturday's results
Seattle 23 New Orleans 15
New England 43 Indianpolis 22

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 19
New England at Denver, 3 p.m.
San Francisco at Seattle, 6:30 p.m.

SUPER BOWL

Sunday, Feb. 2
At East Rutherford, N.J.
AFC champion vs. NFC, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	29	7	.806	—
d-Miami	27	10	.730	2½
d-Toronto	19	17	.528	10
Atlanta	20	18	.526	10
Washington	17	19	.472	12
Chicago	17	19	.472	12
Detroit	16	22	.421	14
New York	15	22	.405	14½
Brooklyn	15	22	.405	14½
Charlotte	15	23	.395	15
Cleveland	13	24	.351	16½
Boston	13	26	.333	17½
Philadelphia	12	25	.324	17½
Orlando	10	28	.263	20
Milwaukee	7	30	.189	22½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	30	8	.789	—
d-Portland	28	9	.757	1½
Oklahoma City	28	9	.757	1½
d-L.A. Clippers	26	13	.667	4½
Houston	25	14	.641	5½
Golden State	25	14	.641	5½
Dallas	23	16	.590	7½
Phoenix	21	16	.568	8½
Denver	19	18	.514	10½
Minnesota	18	19	.486	11½
Memphis	17	19	.472	12
New Orleans	15	22	.405	14½
L.A. Lakers	14	23	.378	15½
Sacramento	13	22	.371	15½
Utah	13	26	.333	17½

d- division leader

Monday's results
Toronto 116 Milwaukee 94
Houston 104 Boston 92
New York 98 Phoenix 96 (OT)
Washington 102 Chicago 88
San Antonio 101 New Orleans 95
Dallas 107 Orlando 88
Utah 118 Denver 103
Sunday's results
Sacramento 124 Cleveland 80
Memphis 108 Atlanta 101
San Antonio 104 Minnesota 86
Tuesday's games — All Times Eastern
Sacramento at Indiana, 7 p.m.
New York at Charlotte, 7 p.m.
Oklahoma City at Memphis, 8 p.m.
Cleveland at L.A. Lakers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Take time out of your schedule to think about what you're doing and where you're going. That applies to all areas of your life but especially to your career. Are you doing what you dreamed you'd be doing?

♉ Taurus
April 21 - May 21
Over the next few days it will feel like better days are coming. They probably won't arrive for a few weeks yet but because you know they are on their way, start making big plans.

♊ Gemini
May 22 - June 21
You will be even more assertive than usual today, and that's good. But don't be so assertive that you scare people away. The way to win others over is to persuade them with facts.

♋ Cancer
June 22 - July 23
Think before you act over the next 24 hours, especially if your actions are likely to affect other people. Cosmic activity in your opposite sign of Capricorn means what you do to others will come back to you tenfold.

♌ Leo
July 24 - Aug. 23
It might be a smart idea to start thinking of ways you can make your routines simpler and your chores less of a burden. One way, of course, is to get others to do them for you.

♍ Virgo
Aug. 24 - Sept. 23
The pace of life will pick up over the next few days. This is still one of the most creative and productive times of the year for you, so stop thinking about what you might accomplish and actually do it.

♎ Libra
Sept. 24 - Oct. 23
You will hear something today that does not fill you with joy but it's not as bad as you think. It may even be the forerunner of good news over the longer term, so don't despair.

♏ Scorpio
Oct. 24 - Nov. 22
You will push yourself over the next few days, but will you push in the right direction? That remains to be seen. Just make sure you don't push past someone in a position of power. They won't like it.

♐ Sagittarius
Nov. 23 - Dec. 21
You may spend too much over the next few days but if you spend it on others, it won't be so bad. You are a generous soul and like to see loved ones enjoy themselves. Don't bankrupt yourself though.

♑ Capricorn
Dec. 22 - Jan. 20
It's good that you know your mind but you need to make sure those you live and work with know it too. Spell out what you expect of them and you will get it before the Sun leaves your sign on the 20th.

♒ Aquarius
Jan. 21 - Feb. 19
You can be too suspicious and as the Sun moves through the most secretive area of your chart, you must not let the distrustful side of your nature take control. In the long-term, you're the one who will suffer.

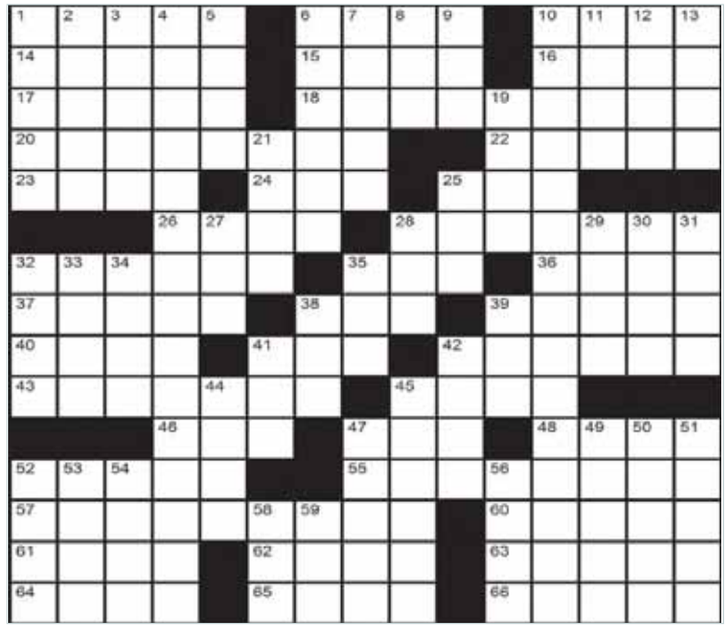
♓ Pisces
Feb. 20 - March 20
Try not to come on too strong today or you may scare away the people you most need. Not everyone wants to change the world. Respect that fact.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Fedora borders
6. Pitcher
10. __ au lait
14. Till again
15. Amble
16. "I __ __ a loss for words."
17. Tequila plant source
18. Band for Randy Bachman: 2 wds.
20. Canadian show of 1998 to 2005, "__ __ Inquest"
22. __ whale
23. General Robert _. __
24. Ump's call!
25. Container
26. E-Mail advertising
28. "The Big Bang Theory" star Johnny
32. Like an air mattress in the pool
35. Joke
36. Beep!
37. Stuff between tiles
38. Pixie
39. "__ __ ready to back down..." - Dixie Chicks
40. Garner
41. Pickering's prov.
42. Gruesome
43. Hamilton tourist attraction, __ Castle
45. Ms. Stefani
46. Dining room feature, for short
47. Weep
48. They're electrically charged
52. Cognizant
55. Country music legend from Nova Scotia (b.1914 - d.1999): 2 wds.
57. Limit of $$$ teams pay players in sports: 2 wds.
60. Functional
61. Writer Mr. Waugh
62. VP part
63. Summary
64. Glance
65. Prescriptions, commonly
66. Celebrating 50 Years: __ University in Peterborough, Ont.

Down

1. English composer, William __
2. Like Queen Elizabeth
3. "That's all that _ __." (There's no more)
4. 'Footloose' or 'Saturday Night Fever': 2 wds.
5. Visible
6. Atomic Number 68
7. Brooklyn Bridge tune: "__ That Could Happen"
8. Ms. Longoria
9. Jesse Jackson's title, for short
10. Member of Prime Minister Harper's team: 2 wds.
11. Prayer-ender
12. "Columbo" star Peter
13. 'Bachelor' suffix
19. Actor Mr. Jannings
21. Paint layer
25. Purse
27. Butter portion
28. Casual clothing retailer
29. Jailbirds
30. __ & The Gang
31. __-bitty
32. Like fine wine
33. Married woman's title in Germany
34. Forsaken
35. Intl. clock standard
38. Traveller's lodging
39. Anger
41. NBA's Magic team, on scoreboards
42. Ms. Paltrow, to pals
44. Prefix for things that are excellent
45. Don Cherry's nickname
47. Actor Mr. Crawford
49. Chilled: 2 wds.
50. Baseball great Mr. Ryan
51. What Cinderella did pre-Prince
52. Business world's 'fast'
53. Corduroy line
54. Helm position
56. Mr. Russell
58. Vancouver International Airport's code
59. Gladiator's 109

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		5	9		2	3		
	2	3		1			6	
4		1				2	7	8
6			5		8			3
	8			3			9	
1			7		4			6
3	5	8				7		2
	7			4		8	5	
		4	8		5	6		

Yesterday's Sudoku

4	8	3	2	9	1	7	5	6
6	1	7	4	5	8	3	9	2
9	5	2	6	3	7	1	4	8
8	6	9	7	4	2	5	1	3
2	4	1	5	8	3	6	7	9
7	3	5	9	1	6	8	2	4
3	7	4	1	6	9	2	8	5
5	2	6	8	7	4	9	3	1
1	9	8	3	2	5	4	6	7

Today
9°/4°
Fog

Wednesday
7°/3°
Variable

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